

11

SECOND

ANNUAL REPORT

OF THE

INVERNESS DISTRICT LUNATIC

ASYLUM.

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**MAY 1866.**

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INVERNESS:  
PRINTED AT THE COURIER OFFICE.

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1866.

# INVERNESS DISTRICT BOARD OF LUNACY 1866.



## **I. For Inverness-shire and the Burgh of Inverness.**

WILLIAM H. THOMSON, Esquire, Principal Sheriff-Substitute  
of Inverness-shire, Chairman.

Lord LOVAT, Lord-Lieutenant of the County of Inverness.

Colonel FRASER-TYTLER, Convener of said County.

ARTHUR FORBES, Esquire of Culloden.

Colonel HUGH INGLIS of Kingsmills.

JAMES MURRAY GRANT, Esquire of Glenmoriston.

FOUNTAIN WALKER, Esquire of Foyers.

Captain JOHN FRASER of Balnain.

COLIN LYON-MACKENZIE, Esquire, Provost of Inverness.

Bailie DALLAS, Senior Bailie of Inverness.

## **II. For Ross and Cromarty Shires and the Burghs therein.**

Sir KENNETH S. MACKENZIE of Gairloch, Bart.

R. B. Æ. MACLEOD, Esquire of Cadboll.

ALEXANDER MATHESON, Esquire of Ardross, M.P.

THOMAS MACKENZIE, Esquire of Ord.

DUNCAN DAVIDSON, Esquire of Tulloch.

JOHN MACKENZIE, Esquire, Eileanach, M.D.

HECTOR MUNRO, Esquire, Provost of Dingwall.

JOHN MACLEOD, Esquire, Provost of Tain.

## **III. For Sutherland and the Burgh of Dornoch.**

GEORGE LOCH, Esquire of Finbo.

WILLIAM SUTHERLAND FRASER, Esquire, Dornoch.

## **IV. For the County and Burgh of Nairn.**

Sir JAMES ALEXANDER DUNBAR of Boath, Bart.

WILLIAM ALEXANDER STABLES, Esquire, Cawdor Castle.

## **Clerk and Treasurer.**

GEORGE ANDERSON, Solicitor, Inverness.

## **Consulting Physicians.**

J. J. ROSS, M.D., Inverness. | JOHN WILSON, M.D., Inverness.

## **Asylum Staff.**

Medical Superintendent . . . . .	THOMAS AITKEN, M.D.
Medical Assistant . . . . .	SAMUEL MITCHELL, M.B.
Chaplain . . . . .	Rev. ALEX. MACGREGOR.
House Steward . . . . .	Mr DAVID MACRAE.
Matron . . . . .	Miss ISABELLA ROSS.
Head Attendant . . . . .	Mr D. MACLENNAN.
Farm Steward and Gardener . . . .	Mr C. FINDLAY.

# SECOND ANNUAL REPORT

## OF THE

# INVERNESS DISTRICT BOARD

# OF LUNACY.

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INVERNESS DISTRICT ASYLUM,  
July 27, 1865.

The changes among the patients since the visit of 26th March are as follows—

	Males.	Females.	Total.
Admissions . . .	10	15	25
Discharges . . .	—	2	2
Deaths . . .	1	3	4

Of the patients admitted, 7 were transferred from other Asylums, and 18 were brought directly from their parishes. Of the latter, a considerable proportion were affected with chronic forms of insanity. Indeed, the whole curable population of the Asylum is at present estimated at only about 10 per cent. of the numbers resident.

Of the patients discharged, both had recovered and both had been admitted since the previous inspection.

Of the deaths, 1 was due to empyema, 1 to apoplexy, 1 to hæmoptysis, and 1 to obstruction of the bowels.

In judging of the condition of the Asylum, it is necessary to bear in mind—1st, The recent opening of the Asylum institution, and the unfinished state of the grounds. 2d, The overwhelming proportion of chronic cases; and 3d, The previous habits and surroundings of the patients.



The further experience acquired in working the establishment shows that the house is well adapted for its purpose. The general arrangements are convenient, and there are abundant means of classification. The unfinished state of the terrace in front, however, deprives the infirm and convalescent patients of facilities for enjoying the open air, and leads to a certain degree of overcrowding in the day-rooms.

Bearing in mind that a large number of the inmates have been brought from Asylums where no efficient discipline was exercised, and where no persistent efforts were made to correct their degraded habits; and further, remembering the condition in which many of them were brought up, it will be easy to see how many difficulties must be overcome to introduce among them habits of order and industry. A very satisfactory beginning has nevertheless been made, and there is every indication that the institution will soon take rank in every department with the highest of its class. Industrial occupation has already received considerable attention, and about 50 males and 80 females are regularly employed. As yet no general female workroom has been instituted, but as the advantages of this arrangement are fully recognised, it is probable that one of the empty rooms will soon be devoted to this purpose.

In the female department a commencement has been made of introducing objects of decoration and ornament. It is to be hoped that this movement will go on steadily, and meet with support from without. The intention is not merely to give the house a pleasing appearance, but to influence the mental condition of the patients, to supply them with subjects of interest, to render them more orderly, more tractable, and more humane. The house was found thoroughly clean in every part, and free from all offensive odours, except a slight smell arising from some of the urinals which are not altogether judiciously placed. Ventilation is well attended to, but it might be advisable to increase the opening space of some of the windows. The clothing of both sexes was generally in good condition, and the bedding was always clean and in good order.

Considering the class of patients, the numbers raised during the night are exceptionally small, being only six of each sex. From this circumstance, and from the satisfactory sanitary condition of the patients generally, it is not considered necessary to institute night nursing, but the system will be acted on as soon as it

appears to be called for. At the inspection, only 2 males and 3 females were found in bed; two from epilepsy, and the others from affections of no serious character. Among the male patients perfect tranquillity prevailed, but some excitement occurred among the females, chiefly in consequence of the inspection. No one was in seclusion, and it appears from the register that this mode of repression has been used on only one occasion since last visit, as a punishment for breaking windows and attempting to escape. Special contrivances in bedding or dress are scarcely ever used. The wet patients sleep on straw mattresses which are changed every day, and quilted coverings are only required for one male and one female. Five patients, all females, sleep on mattresses on the floor, partly from infirmity and partly because the iron bedsteads are not sufficiently strong to resist their destructive efforts. Modified restraint is used in the case of a female during the night, to prevent degraded practices which were seriously injuring her health. Dinner was served during the visit in a very creditable and orderly manner, about nine-tenths of the patients being present in the hall. The appearance of both sexes was indicative of an adequate and appropriate diet.

The furniture is generally appropriate, but it would be advantageous to supply some cushioned seats, and some more easy chairs for the old, the infirm, and sick. Proper attention continues to be bestowed on recreation and amusement. Frequent pic-nics, which are greatly appreciated, take place on the hill, and the usual in-door amusements are carried on with spirit. More out-door sports will be introduced when the grounds have been put in order.

The following details will show the general position of the establishment:—

	Males.	Females.
Resident . . . . .	98	102
Considered curable . . . . .	11	10
Idiots and imbeciles . . . . .	4	7
Epileptics . . . . .	7	3
Of wet or dirty habits . . . . .	3	4
Suicidal . . . . .	2	2
Of destructive habits . . . . .	11	18
Of degraded habits . . . . .	6	4
Attending chapel—about . . . . .	80	50



All the patients, with the exception of those who are prevented by sickness or infirmity, take exercise in the general grounds.

During the summer considerable inconvenience has been experienced from the deficient supply of water ; but energetic measures will immediately be taken to guard against the recurrence of what must be considered as a serious calamity.

The various registers were found carefully and accurately kept. That of attendants records the following changes since the opening of the establishment:—The discharge of two male attendants for drunkenness, of one for drunkenness and insubordination, and of one for striking a patient; the leaving of two female attendants voluntarily, the discharge of one for insubordination, of one on account of doubtful conduct to patients, of one for endangering the life of a suicidal patient, and one for taking gratuities from friends of patients, and being, moreover, suspected of drunkenness. As a rule, however, the conduct of the attendants has been exemplary, and they have given great satisfaction in the discharge of their arduous and responsible duties. The contemplated appointment of an assistant medical officer will not only afford much needed relief to Dr Aitken, but will enable him to give consideration to the development of the institution in departments which hitherto have necessarily received but comparatively little attention.

The progress and management of the establishment continue to be extremely satisfactory.

(Signed) JAMES COX. *Commissioner in Lunacy.*

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INVERNESS DISTRICT ASYLUM,  
20th & 22d January 1866.

The community consists this day of 105 patients of each sex. The intractable and unpromising character of the cases may be inferred from the facts that not more than 24 are regarded as curable and of recent origin, and that only 3 males and 1 female are under medical treatment for mental disease. 28 persons have been admitted since last report was made. Two of these were private patients. All the paupers belonged to parishes in the statutory

district. Four were transferred from other Asylums ; 9 are described as labouring under melancholia ; 8 under mania ; 7 under dementia ; 2 under the monomania of suspicion ; 2 under imbecility ; and 1 under idiocy. The physical health is entered as good in 18, as moderate in 3, and as weakly in 8. Eleven persons have been discharged—9 as recovered ; 2 as unimproved—of the latter 1 eloped, and 1 was transferred to Elgin District Asylum. All were paupers. Nine persons have died—7 of whom were females. The cause of death is stated to have been paralysis in 1 ; phthisis in 3 ; debility in 2 ; and pneumonia, epilepsy, and marasmus in 1 each. The average age at death seems to have been 44 years. All the deceased were paupers. The health of the great majority of the inmates has been satisfactory ; and although a natural anxiety is felt as to the effects of low temperatures and the atmospheric changes during winter upon the aged and infirm—of whom there are a large number—there are at present only 13 actually under treatment for bodily ailments ; and only 9 persons were found in bed. In several of these cases repose was permitted purely as a conservative measure. The degraded class, which is very generally composed at the same time of the feeble and infirm, is not numerous. Twelve are classed as of obscene and 4 as of dirty habits. Last night 7 wet beds were reported. Epileptics, of whom there are 10, contribute to swell this number. Except the use of straw mattresses, no special provision is made to meet these habits ; but constant efforts are made to eradicate or counteract them. Six patients of each sex are raised during the night ; and as regular night-watching has been initiated, by the appointment of an attendant for this purpose, even greater attention may be expected to be paid to this matter.

The house was throughout scrupulously clean, in capital order, and, except in the immediate vicinity of the urinals in the department for males, free from offensive smells, and well ventilated. The substitution of earthenware for iron receptacles, which is in progress, will, it is expected, do away with this evil. In several of the water-closets, at the same point, the seats are broken. In place of repairing these, teak, or some hard non-absorbing wood, should be substituted.

Except in one or two passages, the house is remarkably well-lighted and cheerful. In the evening the gas, when full pressure



is used, is sufficient, and of good illuminating power. The supply of water, it is satisfactory to find, is now abundant. The inmates are bathed once a-week, but three use the same water. This objectionable arrangement cannot now be necessary. It is strongly recommended that the floor of the bath-rooms should be made somewhat more comfortable, by laying down matting or moveable boards ; and that a communication should be made between these rooms and those immediately adjoining—that on the female side not being used for any other purpose, and that on the male side being occupied by the House-Steward as an office—so that they might be made dressing-rooms. Such a provision has been found not merely to contribute greatly to the comfort of the patients, but to expedite the process of bathing. The aspect and comfort of the lavatories in many parts of the house have been much enhanced by laying down matting. A great increase in the number of combs and brushes is suggested. Such objects, if familiar and easy of access, are more readily and spontaneously used. The bedding was abundant and in excellent order, but many of the pillows afford an insufficient support to the head, and should be increased in size. The dormitories have the appearance of what they are intended to be—the sleeping wards of a large hospital—and leave little to be desired ; but in the single and smaller rooms the addition of various plain, home-like articles of furniture would not only be admissible but most beneficial. In one sense, this is the most practical, if not the best, direction which ornamentation could take. Various parts, especially of the public rooms, require to be revarnished, less on account of appearance than of cleanliness.

Among various indications of progress may be mentioned the recent opening of a ward for the infirm in the department for males, now occupied by ten, many of whom would feel the advantage of the easy chairs or stuffed seats recommended in last entry, and the furnishing of wards for private patients on both sides of the house.

The dietary followed is that sanctioned by the Board of Lunacy ; but it has been found expedient to relinquish the meal of rice and milk, and to give broth, &c., chiefly because it was unpopular, but partly because of the diminished supply of milk. The public dinner was attended by 88 men and 81 women : it consisted of animal broth and potatoes, and was upon the whole neatly and comfortably served. It lasted about twenty minutes, great quiet



and decorum prevailing. Great calmness and order characterised the department of the patients upon both days; but it is worthy of consideration whether the refractory room for females be not overcrowded (21), and whether the general cheerfulness as well as the health of the community might not be better secured by withdrawing several of these, who were actually engaged in sewing, &c., as well as a large proportion of those occupying the wards for the tranquil, and accommodating them in a public workroom.

As affecting less or more the sanitary condition of the patients, as well as that of the workmen employed, the immediate removal of the pig-styes from the present position, and to one at as great a distance from the main building as practicable, is urged. It may further be remarked that they are not well constructed.

In a population where the chronic forms of insanity so greatly predominate, where a large portion of the inmates must spend the whole of their lives, and where, as is seen by the registers, medical agents can so little be trusted to, perhaps because they avail so little, occupation must occupy a prominent place among the indirect means of restoring and preserving health and tranquillity. It is accordingly satisfactory to observe that 77 females are industrially employed, and as follows:—4 as cooks, 7 as laundrymaids, 26 as domestic servants, 30 in sewing, and 10 in knitting. It was stated that these numbers could be, and occasionally were, considerably increased, but that discrimination is used in preventing as well as in encouraging physical exertion. As an illustration of the results of the labours of a section of this class, it may be stated that 6452 articles, such as shirts, mattresses, blankets, stockings, &c., have been repaired, and 1226 made.

52 men are employed, 12 as domestic or ward assistants, 1 as storekeeper, 7 as stokers, 3 as tailors, 3 as shoemakers, 1 as carpenter, 25 as gardeners, and 1 as doorkeeper. The shoemakers have repaired 697 pairs of boots, shoes, &c.; the tailors have repaired 952 articles of clothing; while some of the products of gardeners' labour are the raising of 20 quarters corn, 100 bolls potatoes, 25,328 cabbages, 65 bushels carrots, 14 bushels onions, &c.

Notwithstanding the activity of which the above are proofs, little progress has been made in reclaiming the grounds, or clearing away the mass of earth in front. Trees and evergreens, presented by some of the neighbouring proprietors, have been planted, and

will somewhat add to the amenity of the walks; but great exertions should be made to render the space in front more neat, and, if possible, ornamental. The north road, by which almost all the stores, &c., are brought from Inverness, is still in a very bad state.

No patient is at present confined to the airing-courts; no restraint has been used; seclusion has been resorted to four times, and the shower bath twice. It is not necessary to record the use of seclusion when adopted at the catamenial periods. Only one patient now sleeps on a shake-down, in consequence of destructive habits. Forty-eight non-industrial patients take exercise within, and nearly the same number, and the same persons, beyond the grounds; seven enjoy parole. The Accident Book contains entries of three contusions (two from blows); one bite; four wounds (one accidentally self-inflicted); and one fracture of a rib, in consequence of a blow from a patient. The amusements have consisted of the weekly balls, concerts, recitations, lectures, and the Christmas dinner and dance, for which the floral decorations still remain, and are of the most beautiful and tasteful kind. The institution of classes for the instruction of the female attendants, and which are regarded as successful, obviously suggest the extension of such a means of occupation and recreation to the patients, especially as familiarising them with the English language, in which they must communicate with the superior officers. Bowls, curling, cricket, and shinty might be introduced as open door games for the males, two of them being national and known in childhood at least to many of the inmates.

Putting out of view changes in the staff produced by promotion within the establishment, two females have resigned from domestic; one has been discharged for carelessness; two males resigned, and one left on the pretext of bad health.

Dr Mitchell, who had directed his attention specially to the study of mental disease, has been appointed Medical Assistant.

The books, registers, and orders were examined. An informality existed in the order for Janet Tulloch, admitted this day, but it had received the signature of the Sheriff.

(Signed) W. A. F. BROWNE, *Commissioner in Lunacy.*



## MINUTES OF HOUSE AND VISITING COMMITTEE.



At the Inverness District Lunatic Asylum, the 31st day of August 1865, in a Quarterly Meeting of the Visiting Committee of the District Asylum: Present—Colonel Fraser-Tytler of Aldourie; Bailie Dallas of Inverness:—

The Committee inspected the whole Asylum, with the laundry, farm offices, and other buildings. They also inspected the lunatic inmates, officials, and servants in the Asylum, and were satisfied with the condition thereof, and the cleanliness and order of the patients and rooms. The books kept by the Medical Superintendent and House Steward, including the Register of Patients, were also examined, and the Committee were satisfied with the state of the whole. With reference to the out-door offices, the Committee examined the cottages on the hill ground, and also the piggeries and accommodations for animals at the farm-steading, which the manager was of opinion should be enlarged; and they directed the manager, Mr Findlay, to make out specifications of the requisite repairs and alterations, and to procure tenders or estimates for the work for future disposal by the General Committee.

In regard to the urinals of the water-closets and galleries in the Asylum, the Committee, observing that they were becoming offensive, begged to suggest that it would be preferable to add a small urinal to each water-closet, to be composed of cast-iron, to be enamelled both outside and inside, and that a general receiving-vessel should be inserted in each storey for conveying away the urine to be thrown into it daily from the vessels in the different dormitories, and the present urinals to be removed.



The Committee likewise examined the tank at the east-end of the grounds, from which a great overflow of liquid manure is now passing into the adjoining gully, and directed that the attention of Mr Matthews, the architect of the Asylum, be directed to it, and that he be requested to report on the best means of making the liquid and other manure available for the improvement of the garden and contiguous arable ground.

The Committee also recommended that the Superintendent's office, and the Matron's and House Steward's parlour, should be papered of a cheap pattern.

(Signed) WM. FRASER-TYTLER.  
W. DALLAS.

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At the Inverness District Asylum, the 25th day of October 1865, in a Meeting of the Visiting Committee of the District Asylum: Present—Colonel Fraser-Tytler, Chairman; Provost Lyon-Mackenzie, Inverness; Bailie Dallas of Inverness :—

The Committee inspected the whole Asylum, with the farm offices and out-houses. They likewise examined the lunatic patients, officials, and servants in the Asylum, and were satisfied with the appearance of comfort and with the cleanliness and order of the patients and whole establishment. The books kept by the Medical Superintendent and House Steward, including the Register of Patients, were likewise examined, and found correctly kept.

The piggeries at the farm-steading having lately become offensive, and being too small, the Committee, as acting on the special instructions of the last meeting of the General Committee, recommend the removal of the piggeries altogether to the south side of the grounds, to a site selected at the top of the garden, and to the east of the laundry, and Mr Laurie, who was present at the meeting, was requested to prepare a plan and estimate of the new piggeries.

The Committee recommend that a portion of the ground should forthwith be enclosed with wire fence or paling, and planted with forest trees, and that at present the portions requiring to be

first planted should be the rough stoney ground to the east and north of the farm offices and garden, as shown on Mr G. G. Macay's survey and plan, and that the knoll adjoining the new cemetery, and the knoll immediately to the west of the Medical Superintendent's house, should also be enclosed and planted as far south as a line in red ink marked on said plan. The Committee are of opinion that the rest of the planting may be delayed for the present, and that when the portions indicated above are enclosed, the pasture on the lands may be let out, as proposed by the Manager, Charles Findlay, to whom also the selection of the trees and plants, and the placing them in the grounds, may also be intrusted. The flower plots around Dr Aitken's house were also authorised to be planted with a few shrubs.

(Signed) WM. FRASER-TYTLER.  
C. LYON-MACKENZIE.  
W. DALLAS.

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At a Meeting of the House Committee of the Inverness District Lunatic Asylum, held therein on the 13th day of November 1865: Present—W. H. Thomson, Esq., Chairman; Colonel Fraser-Tytler of Aldourie; Provost Lyon-Mackenzie; Bailie Dallas, Inverness:

The Medical Superintendent produced a copy of the advertisement calling for tenders for provisions, clothing, and coals, &c., for a year from 11th November current.

Thereafter the Committee examined the books kept by the Medical Superintendent and House Steward, including the register of patients, and were satisfied with the state thereof.

The Committee next inspected the whole Asylum, with the farm offices and outhouses, and they likewise examined all the lunatic patients, officials, and servants in the establishment, and were satisfied with the state of the whole as regarded the apparent bodily health of the inmates, the cleanliness of their clothing and persons, and the order and cleanliness of the day-rooms, dormitories, and other apartments in the Asylum.

(Signed) WM. FRASER-TYTLER.  
C. LYON-MACKENZIE.  
W. DALLAS.



At the Inverness District Lunatic Asylum, the 4th day of May 1866, in a Meeting of the House and Visiting Committee of the District Asylum: Present—Colonel Fraser-Tytler of Aldourie; Provost Lyon-Mackenzie, Inverness; Bailie Dallas, Inverness:

The Committee carefully inspected the whole Asylum, with the farm offices, outhouses, water tanks, garden, and grounds. They likewise examined the lunatic inmates, officials and servants in the Asylum, and were satisfied with the appearance of comfort, and with the cleanliness and order of the patients and whole establishment.

As suggested by Dr Aitken, the Medical Superintendent, he was authorised to have the day-rooms and kitchen papered with a cheap paper, or size coloured of such a hue as he may deem best, as also to have additional check-locks placed on the outside doors.

The books kept by the Medical Superintendent and House Steward, including the general Register of Patients, were likewise examined and found correctly kept.

The sun proving very inconvenient and exciting to the patients in the chapel, Dr Aitken was also authorised to have the windows provided with Venetian blinds, or cloth blinds, as he may find most suitable. The raggles in the roof having proved to be insufficiently cemented, the Medical Superintendent was likewise empowered to have the same looked into and renewed; and to have a retort in the gas-house worn-out replaced.

(Signed) WM. FRASER-TYTLER.  
C. LYON-MACKENZIE.  
W. DALLAS.



# SECOND ANNUAL REPORT

## OF THE

### MEDICAL SUPERINTENDENT.

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At the commencement of the present year, 18th May 1865, 192 patients were resident in the Asylum, of whom 94 were males and 89 females. Since that date there have been 57 individuals admitted, of whom 30 were males and 27 females. Of these 45 were from parishes, and nearly all were placed under treatment for the first time; 7 were transferred from other Asylums; and 3 were private patients. Unfortunately, of those admitted one-half were chronic cases, and out of the whole number 22 were regarded as curable, and 10 as possibly so. Of the 22 curable cases, 9 suffered for the first time from mental disease, 12 had experienced a former attack, and one had been twice resident in an Asylum. Of the 10 possibly curable, 2 laboured under a second attack, and 8 were affected for the first time. In addition to these unfavourable circumstances, there existed in both classes two elements difficult to overcome—a strong hereditary predisposition, and a period of life when the reparative processes are but imperfectly performed. Amongst the peculiarities in the admissions during the year may be mentioned that of an Hungarian Jew, who was brought to the Asylum in a state of extreme depression, following an attack of mania. He made a rapid and satisfactory recovery; stated that he had previously been the inmate of a similar institution in Vienna,

and during the period of convalescence devoted himself to the study of English, which he acquired with the facility peculiar to his race.

Of the 57 patients admitted, 29 were in good health, 17 in moderate health, and 10 in weak health. Of the house itself the sanitary condition has been highly satisfactory, and the freedom from any epidemic influence is believed to be principally attributable to its elevated position, which commands at all times a thorough and perfect ventilation of the structure. The good health of the community is all the more wonderful, when it is considered that for nearly two months of the past summer the supply of water was so defective that the utmost economy had to be practised, and at last it was found necessary to reserve all that was not required for cooking and washing for thoroughly flushing the drains. This defect, it is now hoped, however, will be to some extent overcome by the completion of a large pond—the work of the inmates—capable of containing a supply of water which will be found a valuable resource in seasons of drought as severe as that just past.

During the year 14 cases have been dismissed cured, and the results in these instances have confirmed what has been well ascertained regarding the absolute necessity for the early treatment of insanity. In all these patients the malady was dealt with promptly, 2 having suffered from mental disease for a week, 1 for a fortnight, 3 for a month, 4 for less than three months, 3 for less than six months, and 1 for eleven and a-half years. The importance of this point, dwelt on at some length in last report, is again put forward here, because it is believed it cannot be too deeply impressed upon those having the care of the insane poor. It is urged primarily from humane views and for the sake of the institution, which it is believed is capable of proving a boon to the district. It also recommends itself on the ground of economy; and there can be no doubt that if cases of insanity are dealt with when the first symptoms make their appearance, or even a short time after it becomes fully confirmed, many who are now permanent burdens to the public might have been restored to health, and become useful members of the class to which they belong. It is not, however, intended, by what has now been stated, to deter from placing under treatment those who may have suffered for long periods from mental disease. The experience of this institution



leads to quite a contrary conclusion; and no argument could be adduced to illustrate more fully how amenable even many of the apparently most hopeless cases are to treatment than the following:—The patient, a weaver, went to Dundee twelve years ago, and immediately afterwards removed his family there. He had no sooner done so, however, than he was suddenly, and without cause, overcome by remorse at the step he had taken. He felt himself alone amongst strangers, and was incapable of looking upon the house he occupied as his home. An irresistible depression rendered it impossible for him to attend to his work, and he sat listless and silent for days. His condition at last necessitated a return to his native place; and from that time until the period of his admission into the Asylum he had not, to quote his own words, left his own house ten times in ten years. He refused to see any one, even his most intimate friends, and if a neighbour entered he shut himself into his own room. He could not even, as he pathetically said, look upon the face of his child, and often remained for weeks in bed. During all this time he described his “judgement” as perfect, but he found it impossible to overcome this apathy or to rouse himself to the slightest exertion. In this state he was brought to the Asylum, and for a time remained but a passive actor in the events of his ward. Gradually, however, as he found himself involved in the varied routine of the establishment, there was some little return of energy—he became more communicative to the officers, and took an interest in watching the peculiarities of those around, and in the passing events of the community; at his own request he was permitted to officiate daily in chapel as precentor, and during service on Sunday; and at last, roused by the conviction that the portion of life still allotted to him might be one of usefulness, and touched by the interest manifested in his case, he left the institution, happy and grateful, and looking hopefully to the future.

Two points in regard to the discharge of patients, believed to be of considerable practical importance, have attracted attention during the past year. One of these—the unnecessary delay in their removal after intimation of recovery—has, on one or two occasions perilled to some extent the friendly relations existing between them and the officers. It is true that in one instance the patient's home was in a distant part of the district, but the



difficulties in making arrangements for her journey could not have been so great as to postpone her departure for many weeks. When such delay as this takes place, however much the patients may be satisfied with their position, and grateful for the services rendered to them, there is apt to arise in their minds a feeling that the institution is a place of security rather than of restoration, and though the patience they have exhibited has often been a matter of surprise, it can easily be understood that the delay in their removal might give rise to suggestions not favourable to the preservation of mental health. The other point, which can only be briefly alluded to, is, that after a patient's discharge it would be well for the Inspector, whom the law has constituted his legal guardian, to manifest, for a time at least, an interest in his welfare. There can be no doubt that, notwithstanding the more liberal views held with regard to those who have been affected with insanity, that they have great difficulties to contend with on their return to society, and especially amongst the poor. One or two instances have also occurred which prove that it is not always judicious that convalescents should return to their friends, who often act indiscreetly, and who, in moments of discussion, revert to domestic matters in terms which are calculated to affect prejudicially members of the circle who have suffered from mental disease. On the other hand, when the individual discharged is almost friendless, the difficulties of his position are still more painful ; and it is therefore believed it would further serve to confirm the recovery, if, in many cases, a suitable place of abode was sought out for them, work procured, and an offer of pecuniary assistance made. There can be no doubt it would aid in giving confidence to those re-entering the world, would enable them to bear up against much that must be painful, even under the most favourable circumstances ; and from the sympathy thus indicated in their future, would serve to sustain them in many difficulties.

The deaths have amounted to 13, or 6.6 per cent. upon the average number resident. This, though higher than in the preceding year, is scarcely so great as might have been expected from the age and debility of many of the inmates, and when contrasted with Asylum statistics is a low rate of mortality. In a number of instances, the patients were advanced in years, and reference to Table XII. will show that a third of the deaths occurred in females

and from phthisis. At the date of the publication of last report, it was hoped that this disease, so fatal to the insane, judging from the admissions which had then taken place, might not be frequent here. The experience of the first twelve months is not, however, likely to be verified, and after a minute examination of those resident, and a careful consideration of their antecedents, 3 patients have been set down as liable to suffer from phthisis, 4 as actually presenting physical signs of the disease, and 3 are now in an advanced stage of the malady. In future years, therefore, the disease must be looked upon as likely to influence, to a considerable extent, the rate of mortality. In the diseases proving fatal nothing remarkable was observed in the physical symptoms, with the exception that one of the cases of phthisis died suddenly from hæmoptysis; and that in another patient suffering from chorea, the disease became complicated with paralysis, at first attacking the extremities, but gradually extending to the muscles of deglutition, so that at last it was with great difficulty he was nourished, even by adventitious means.

If, however, the physical symptoms of the diseases proving fatal were little worthy of remark, in several instances the mental features were of much interest. It is a popular belief that, during the last hours of life, the mind in the insane regains its original powers, and that their delusions are forgotten. Such, however, is by no means the case; and no duty is more painful to fulfil than that to friends, who come hoping that some word may have been spoken which would indicate the remembrance of former ties, require to be told that earlier associations were forgotten, and that to the last moment there existed a complete abnegation of all family bonds. Few, indeed, except those who live daily with the insane, are able to realise the fixity of the delusive ideas occupying their attention; but the following striking example will serve, to some extent, to illustrate the persistence of their aberrant mental conditions:—Soon after the opening of the Asylum, a female patient was admitted who became distinguished from her associates by her bearing. She walked haughtily from one end of the ward to the other, or sat apart waving before her a twig of broom covered with blossom. To those who entered she bowed gracefully and with an air of dignity, and could only be approached with marks of deference. When her reserve could be broken through, she



protested against being called by her real name, proclaimed herself Mary Queen of Scots, the bride of Prince Charles, and described, in picturesque and glowing language, their meetings, and all the pomp and magnificence of a royal court. To the very last these delusions remained, and though the brain no longer possessed the power of calling up the ideal scenes in which the patient had moved, they had become so vivid, and formed so much a part of her life, that she failed to identify those around; and, unable to realise the principal object of her admiration and devotion—Prince Charles Edward—yet striving to recall the exalted personage whose imaginary presence had been to her so exquisite a pleasure, she almost died exclaiming “I cannot see the Prince! I cannot see the Prince!”

Much interest has attached to a number of cases admitted of a variety of melancholia familiarly known as *tedium vitæ* or *ennui*. It is a form of disease occupying the debateable ground between sanity and insanity, and especially apt to affect minds eminently emotional. This malady is of very frequent occurrence in the higher classes of society, and in the greater number of instances is capable of being combated by travel, occupation, new impressions, and, above all, by directing the attention to the consideration of objects of real and practical utility. It becomes, however, a matter of graver import when it affects those in the humbler walks of life. Unable to command the change their condition requires, incapable of rousing themselves to the exertion sufficient to supply the daily wants of their family, shutting themselves out from all social intercourse, deficient in will, powerless to act, even when the most obvious duties are pointed out, and living under the most unfavourable hygienic conditions—their mental state, which at first might have been easily combated, unheeded, and perhaps attributed to idleness, becomes no longer simple depression, but, overstepping the boundary line, passes into true melancholia. In treating of the dismissals, one case of this form of disease has been referred to, and the following instances will further illustrate other forms of the malady.

A miller, of a mind especially sensitive, in an altercation with a friend, met with what he regarded as an unjustifiable retort, and one he found it impossible to forget. Day after day, this peculiar form of expression rankled in his mind. He tried to forget it, but



it came back to him in spite of himself, and at last, conceiving his fellow-labourers conversant with his thoughts, he became suspicious of them, profoundly depressed, and ceased to work. For some time he remained in an apathetic state, but with an instinctive consciousness that his recovery depended upon exertion being urged upon him, and thinking that this would be best obtained by submitting to military discipline; with an effort he could not even in his healthy state recall without pain, he threw aside his lethargy, and, presenting himself to a recruiting-serjeant who happened to be in his vicinity at the time, enlisted. This step, however, from which he expected so much benefit, led to quite a contrary result, and the relief he experienced was but temporary. The faces of his fellow-soldiers became distasteful to him, the trimness of their dress annoyed him, the *precision* not the exertion of drill gave him pain, he refused to join in it, was regarded as a malingerer, and several times confined for insubordination, but was at last discharged and returned to his native place. Soon afterwards he was sent to the Asylum, and for upwards of a year the chief symptoms manifested in the case were a general and irresistible feeling of unhappiness, and a desire to be alone. From this state his recovery was interesting, as exhibiting the effects in many instances of moral impressions, and illustrating how carefully every word addressed to patients should be weighed. In a conversation held with this man in reference to his condition, and which to all appearance produced no impression upon him, a conviction held from the time of his admission was expressed—that he ought to get better if he would only try. The expression was laid hold of, and for weeks, he afterwards confessed, he had attempted to overcome his desire for solitude, and to join the farm labourers, but every effort seemed only more futile than the last. At length, aided by a fellow patient, to whom he privately confided his state, he summoned resolution sufficient to engage in garden work, and from that moment felt his recovery assured.

In the instance just quoted, the disease was produced by a moral cause, in that now to be referred to it was undoubtedly purely physical, and yielded to direct remedial measures. The patient, a tailor, a diligent and persevering workman, and over-anxious for his family, wrought not only full time in the heated atmosphere of a workshop, but took home at night articles to

finish, so that he never went to bed until the morning. In a short time, however, this course began to injure his health, he became dyspeptic, his eyes failed, and he suffered from severe neuralgia. With this state there existed a corresponding depression. He was unhappy without a cause, was seized with momentary fears for his eternal welfare—found it utterly impossible to concentrate his attention upon his work, or if he did so for a moment, the next his mind wandered, everything became dim before him; to quote his own words, his courage failed, and believing he was lost “to life and use,” and utterly wearied of his existence, he, in a moment of despair, threatened, or, according to some, attempted suicide. This, however, proved the climax of the disease, and the patient when admitted presented an apathetic depressed condition, and at times felt fearful regarding his religious condition. However, under suitable treatment, liberal diet, and exercise—for the patient had not left the house for months—he rapidly recovered.

The cases just quoted have been referred to, not from the mere interest attaching to them, but because it is of undoubted importance to deal with this, as with all other minor forms of insanity, at once, and whilst the condition is still one of simple depression, even though the tendency may be to true mental disease, which, it may be remarked, becomes all the more intractable in proportion to its period of incubation. Much difficulty, it is known, is often experienced by those called upon to investigate such cases, in satisfying themselves whether the morbid feelings predominate so much as to justify the individual being looked upon as of unsound mind. But the hesitation in these instances often arises from the forgetfulness of the simple fact, that insanity is a disease of the sentiments as well as of the intellect, and that the man who yields to the irregular and wayward impulses of the former, may be as insane as he with a well-marked delusion. Much suspicion, too frequently unjustifiable, often attaches to individuals suffering from the milder forms of insanity; but a careful investigation into the previous character of the patient will, in general, serve as a safeguard in this matter. To refer again to two of the instances given in this report, what benefit could the individual expect whose case is reported at page 17, by simulating remorse at having removed his family from their native place, throwing himself out of work, and reducing them to poverty?—or what could he expect to gain



who, writhing under an imaginary insult, permitted it to render him powerless and unfit for his daily duties? On the lowest grounds, the motives could only have had perfectly selfish ends; but both men, in their own walk of life, were honest, upright, and beyond suspicion. When such cases, therefore, come under notice, it is necessary to deal promptly with them, to trace minutely their family history, in the collateral branches as well as in the direct line of descent; to ascertain the extent of hereditary predisposition; to obtain information regarding the early life of the patient, the diseases he has suffered from, their effects upon his constitution, his mode of life immediately preceding the attack, and its presumable cause. A consideration of all these circumstances will, in general, lead to a safe conclusion; and that such cases are not merely interesting in a psychological point of view, but are deserving of attention by those entrusted with the care of the insane poor, is best evidenced by the fact that in two of the instances quoted one derived support for himself and family from the Parochial Board for many years, whilst a second required to be assisted for months. Whereas, had the individuals been sooner placed under treatment, the same successful result lately arrived at might have been earlier obtained, and a considerable burden removed from the public. The malady selected for this somewhat extended illustration is only one of the many simpler forms of insanity, and has been treated of here from the belief that even minor manifestations of mental disease claim recognition on practical and economical grounds.

One of the great sources of anxiety connected with the government of an Asylum consists in attempts to escape, and to this the inmates are prompted by various causes. Some act from a mere desire to wander, others from a sense of liberty, many from a natural wish to return home, some from a love of solitude, others for the purpose of ventilating their views on religious and political matters, and some with the view of carrying out designs, it may be, directed against their own life or the lives of others. Here, notwithstanding that the arrangements, so far as is compatible with a large public hospital, are simply those of an ordinary dwelling, and no precautions are taken to ensure the security of the inmates beyond the vigilance of the attendants and discipline of the establishment, but few attempts to get away prove

successful, and so long a period as seven months has elapsed without an escape. It is also a curious feature in connection with these attempts, that the greater number are made by patients coming from Skye, whilst, in general, they occur most frequently during the harvest and at the time of the Northern Meeting. Of the dexterous and bold nature of their efforts to secure liberty, some idea may be formed by a brief notice of two by which the year has been signalized. A chronic maniac, but subject to aggravations of his disease, and labouring under the delusion that the government of the country is sustained by his moral influence and power, obtained possession of a screw-driver, left by the workmen during the erection of the building. This he secreted in one of his mattresses, and when the attendant was locking the doors of the single rooms in connection with his dormitory, he managed to conceal his clothes beneath his bedstead. Waiting until it became sufficiently dark, he arose, loosened the window stops with the screw-driver, took the lower sash out, placed it carefully on the floor, and tying two sheets together, attached them to the head of the bed, and by the aid of a fellow-patient lowered himself safely to the ground. During the two days of his absence, he, with a somewhat quixotic idea of honour, called at the houses of several of the neighbouring proprietors for the purpose of announcing his liberation and intention of claiming redress for his wrongs, and was brought back protesting against the uncere- monious manner he had been secured by the constable, declaring he would be liberated in two days by an order that the officers dare not disobey, and intimating his intention, should matters not be instantly put right, of placing himself at the head of the Americans and Fenians, for the purpose of subduing the "horrid wickedness and rebellion prevalent in the country."

A still more desperate attempt to regain freedom, attended by nearly fatal consequences, was a few weeks ago made by a female patient, who has during her residence been a source of continued anxiety. This woman, a tall, handsome person, with delusions as to the authorities of her native parish, and with whom, from her intense love of home, it is impossible not to sympathise, determined, at whatever cost, to regain her liberty. For six weeks, she confessed, she watched for an opportunity, and had almost begun to despair of succeeding, when another patient,



from a morbid feeling of revenge directed against the officers for her detention, pointed out, whilst undressing, that the scullery door was open, and that she might get out by the window, the top sash of which came down a little. Acting upon impulse, and forgetting it was the first floor in which she was, and aided by her friend, who allowed her to stand upon her shoulders, she forced her way between the top of the sash and the lintel of the window, a space measuring only 2 feet 3 inches by 9 inches, and balancing herself for a moment upon the sill, she leapt boldly down a height of 17 feet. Fortunately, in getting out she had destroyed one of the panes with her foot, the noise attracted attention, and a short time afterwards she was found in the most concealed corner of one of the projections, to which she had crawled in the hope of avoiding detection, and, when she had recovered the shock, of effecting her escape. The patient, strange to say, sustained no injury, except a severe contusion of the right foot, and has now perfectly recovered from the effects of her rash attempt.

The employment of the patients continues to be conducted on the principles indicated in last report; and in one well-marked case it undoubtedly proved the means of preserving the patient from fatuity when all other measures had failed. Reference to Table XIII. indicates the work in which the inmates are engaged, and gives a tolerably fair idea of the activity in the establishment. The plan has also been continued, under proper superintendence, of intrusting special duties and special departments to the patients, and it remains as successful as during the first year. There is no doubt, however, that the proportion of males employed is not so large as might be expected, but this is principally due to the number of the aged, and to an accumulation of cases who either cannot be induced to labour, or refuse to do so. Every effort has been made to overcome such objection, and in some instances has succeeded. It is necessary, however, to look to the future for any great addition to the activity of the establishment, and this may naturally be expected to take place as more recent cases are admitted.

From the system proposed to be carried out in the Asylum having become more firmly established, by the more extended knowledge of those occupying positions in it, and from various other causes, it has been found possible to give greater attention

and variety to the amusements. During the summer, the Queen's Birth-day, and similar occasions, were celebrated by out-door games, and the victors may still be seen wearing the prizes gained in many a keenly-contested struggle. Pic-nics were given within the grounds, and several dances and tea-parties held on the green. The weekly balls have been continued, and certainly afford the amusement best appreciated by the patients; and a further but judicious development of the theatrical performances commenced during the first year, has been attempted. These are generally preceded by a concert, and I have to express my sense of the services of many kind friends interested in the success of the undertaking, in aiding us, and adding much to the attraction of the entertainments. To the Volunteer Band thanks are due for the ready manner in which they acceded to a request that they should give a concert, and it will be some slight return for their kindness to know that their performance was greatly appreciated by the inmates. During the winter a course of lectures was delivered. The subjects chosen were the Four Elements, as admitting of easy illustration, and the experiments proved extremely attractive to the audience. For invaluable aid in this department I am indebted to Mr Anderson, who must have been gratified in gaining the attention of an audience to whom his subject was new; to Dr Campbell, of the Northern Infirmary, and to Dr Mitchell, Medical Assistant; and the course was appropriately concluded by the Rev. Mr Macgregor, by a lecture on the Indications of Design in the Laws influencing the Elements, which proved one of the most attractive of the series. In all these efforts to give variety to the daily life of the community, I have to express my great obligations to Dr Mitchell, who has been unwearied in his exertions to make them successful, and also to Miss Ross, Mr Macrae, and other officers, and especially to Mr Logan, the resident engineer, whose happy representations of the characters intrusted to him were a source of no little pleasure to his audience. The Visiting Commissioner, in his Report of the 20th and 22d January, has borne testimony to the decoration of the Amusement Hall by Mr Findlay, but it is impossible to omit in this record of what has been a feature of the entertainments, a special notice of the great taste and elegance they display.

Whilst the form of worship has been retained, a slight change



has been made in the services, the Rev. Mr Macgregor preaching alternately in English and Gaelic, instead of as formerly only in English. There can be no doubt that the change is advantageous, and the conduct of the patients indicates their appreciation of it. Mr Macgregor also continues to visit weekly, and the friendly relations he has established with his flock are not only a source of pleasure to them, but must prove equally gratifying to himself.

Few additions have been made to the Library; but *Cassell's Paper*, *Good Words*, *The Scotsman*, and *Daily Telegraph* are taken in for the benefit of the patients, and I have to express my thanks to Fountaine Walker, Esq. of Foyers, and Dr Forbes, of the Bombay Army, Seabank, for copies of the *Illustrated London News*. Some additional donations of pictures have also been received, and, when suitably framed, will serve to add much to the appearance and cheerfulness of the sitting-rooms.

From the extent of the accommodation still vacant in the Asylum, application was made to the General Board of Lunacy, and their sanction lately obtained, for the admission of private patients. Little advantage has yet been taken of the permission; but this is believed to be simply the result of it not having become generally known that the institution is authorised to receive inmates of the better classes.

In concluding this portion of the Report, I beg to lay before the District Board of Lunacy the Report of the Commissioners in Lunacy and the Reports of the House and Visiting Committee.

The various apparatus within the building for cooking and heating have continued to work satisfactorily, and there has been a decided increase in temperature in those parts of the building where this was at first found defective. How far this may be dependent upon the direction of the prevalent wind it is impossible exactly to determine; but there can be no doubt that the heating of the wards is markedly influenced by the N.W. wind. The ventilation has also been improved in Ward A, and in the confined space between Wards F and G, in male end, by the introduction of a new form of urinals, but it still continues defective in the large dormitory in the projection nearest the centre of the building, where, unless a strong wind is blowing, the air remains heavy for the greater part of the day.

The Laundry has worked well, and the apparatus remains effi-

cient and economical. A careful calculation has been made of the expense in working this department, and it has been found that the cost per patient for washing amounts to 2d. per week.

From more extended experience of the working of the Gas-house, it has been possible to introduce greater economy in the production of the gas, the reduction per 1000 feet being  $11\frac{1}{4}$ d., or 7s.  $3\frac{1}{4}$ d. in 1865—6s. 4d. in 1866. The total number of feet of gas made during the year amounted to 627,890. The smallest quantity is used in June, when only 371 feet were burnt in a day, and the largest during the month of January, when the daily consumption amounted to 3951 cubic feet. In connection with this, however, it must be remembered that lights are burnt in the dormitories during the night.

Besides the usual farm and garden work, the completion of the large pond, already referred to, has formed one of the principal means of employing the inmates. A small private cemetery in connection with the Asylum, for the interment of patients not removed by their friends, has been formed, and it is believed that the neat and skilful manner in which it has been laid out by Mr Findlay, and the aspect it will assume when the flowers planted in it are in bloom, combined with the seclusion and repose of the spot chosen for it, will obviate many of the objections which might otherwise be urged against it. Besides these two important works, some progress has been made in reclaiming land, and a considerable extent of ground has been cleared of the dense whins covering it and planted, and up to the present time the young trees have succeeded well. In connection with this, it is necessary to notice the very liberal donations of trees received from Colonel Fraser-Tytler of Aldourie, A. Forbes, Esq. of Culloden, and the Messrs Howden, which have already tended in some degree to soften the aspect of the surroundings of the institution. It is to be regretted, however, that no greater improvements have been effected in the vicinity of the building, and especially that it has not been possible to lay out the terrace in front, which still remains in the state it was left at the completion of the Asylum. Great efforts, it is believed, should be made to do this, not only because it would add much to the appearance of the structure, but because it limits considerably the exercise attainable by the infirm, aged, and convalescent from sickness. There can also be no doubt it is of vast



importance that the surroundings of an Asylum should be carefully and neatly kept, as it serves to impress the inmates, and aids, to a great extent, the moral discipline of the establishment.

In connection with the farm-steading—partly from the accommodation for the pigs being too confined, and partly because it destroyed, to a great extent, the amenity of the farm buildings, it has been determined to erect new piggeries, capable of holding 50 pigs, at a spot close to the eastern boundary of the land; and also to construct a new sewage-tank, which will be more convenient for irrigating a considerable extent of the grounds.

I have again to express my thanks for the continued kindness I have at all times experienced from the District Board of Lunacy, and beg to offer them the assurance that the interest manifested in all matters I have felt it necessary to bring under their notice has been to me a source of the greatest aid and encouragement.

I have to acknowledge the readiness with which Mr Anderson has entered into all matters in which I have required his assistance; to Dr Mitchell who, seven months ago, was appointed assistant medical officer, I am deeply indebted for the interest he has manifested in his duties, and the earnestness and enthusiasm he has thrown into his department. To Miss Ross my thanks are due for her great attention to the wants and comforts of the patients, and to Mr Macrae for the regularity and correctness with which he has filled the duties of House Steward, to which he was promoted, although the duties are of a character entirely new to him. In his office of head attendant he was succeeded by Mr D. Maclellan, an attendant trained in the Asylum, with whose conduct, as well as that of the other attendants and servants, I have had every reason to be satisfied.

In looking back upon the difficulties of the past year, and the anxieties inseparably connected with them, it is pleasing to record the advance made in the establishment—an advance so marked that it is felt to be a sufficient reward for the constant attention required for its attainment.

THOS. AITKEN, M.D.

May 18, 1866.





# APPENDIX.

TABLE I.

## GENERAL RESULTS OF YEAR ENDING 18TH MAY 1866.

	Males.	Females.	TOTAL.
Total number resident, 18th May 1865	94	98	192
Admitted from Parishes . . . .	25	22	47
Transferred from other Asylums .	3	4	7
Private Patients . . . . .	2	1	3
Total number under treatment . .	124	125	249
Discharged Recovered . . . . .			
M.    F.    T.			
. 7    7    14			
"    Not Improved . . . . .			
. 2    1    3			
Died . . . . .			
. 2    11    13			
Decrease in number . . . . .	11	19	30
Total number, 18th May 1866 . .	113	106	219

TABLE II.

AGES OF PATIENTS.

	Males.	Females.	TOTAL.
Between 15 and 20 . . . .	3	0	3
„ 20 and 30 . . . .	6	5	11
„ 30 and 40 . . . .	10	9	19
„ 40 and 50 . . . .	2	2	4
„ 50 and 60 . . . .	3	7	10
„ 60 and 70 . . . .	3	2	5
Unknown . . . .	3	2	5
	30	27	57

TABLE III.  
SEX OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males . . .	30	7	2	2
Females . . .	27	7	1	11

TABLE IV.  
CONDITION OF PATIENTS.

	Males.	Females.	TOTAL.
Married . . . . .	7	9	16
Unmarried . . . . .	23	16	39
Widowed . . . . .	0	2	2

TABLE V.  
OCCUPATION OF THOSE ADMITTED.

	Males.	Females.	TOTAL.
Baker . . . . .	1	0	1
Clerk . . . . .	1	0	1
Clergyman . . . . .	1	0	1
Cottar's Wife . . . . .	0	1	1
Domestic Servants . . . . .	0	9	9
Farmers . . . . .	2	0	2
Farm Servant . . . . .	3	0	3
Farm Servant's Wife . . . . .	0	1	1
Fisherwoman . . . . .	0	1	1
French Polisher . . . . .	1	0	1
Labourers . . . . .	8	0	8
Labourer's Wives . . . . .	0	4	4
Merchant's Wife . . . . .	0	1	1
Miller and Cartwright . . . . .	1	0	1
Outdoor Workers . . . . .	0	3	3
Picture Frame Maker . . . . .	1	0	1



TABLE V.—*Continued.*

Professions.	Males.	Females	TOTAL.
Printer and Compositor . . . . .	1	0	1
Sawyer . . . . .	1	0	1
Sempstress . . . . .	0	1	1
Shepherd's Wife . . . . .	0	1	1
Ship Carpenter . . . . .	1	0	1
Shopkeeper . . . . .	0	1	1
Soldier . . . . .	1	0	1
Stone-mason . . . . .	1	0	1
Tailor . . . . .	2	0	2
Weaver . . . . .	1	0	1
Of no occupation . . . . .	3	4	7
	30	27	57

TABLE VI.

## FORMS OF DISEASE OF PATIENTS.

	Males.	Females.	TOTAL.
Idiocy . . . . .	2	0	2
„ with Epilepsy . . . . .	0	1	1
Imbecility . . . . .	2	1	3
Dementia . . . . .	4	3	7
Mania . . . . .	9	15	24
„ with Epilepsy . . . . .	2	0	2
Melancholia . . . . .	7	3	10
„ (Suicidal) . . . . .	2	2	4
Monomania of Suspicion . . . . .	1	1	2
„ Vanity . . . . .	0	1	1
Moral Insanity . . . . .	1	0	1
	30	27	57

TABLE VII.

## CAUSES OF DISEASE.

	Males.	Females.	TOTAL.
Change of Residence . . . . .	1	1	2
Congenital disease . . . . .	3	2	5
Disagreement with mistress . . . . .	0	1	1
Disappointment in marriage . . . . .	0	1	1
Dissipation . . . . .	1	0	1
Epilepsy . . . . .	1	0	1
Family annoyances . . . . .	0	3	3
Fear . . . . .	0	1	1
Gonorrhea . . . . .	1	0	1
Hereditary tendency . . . . .	2	4	6
Loss of employment . . . . .	1	0	1
Masturbation . . . . .	1	0	1
Pecuniary embarrassments . . . . .	1	1	2
Puerperal state . . . . .	0	2	2
Reduced circumstances . . . . .	3	1	4
Religious excitement . . . . .	6	2	8
Remorse . . . . .	2	0	2
Unknown . . . . .	7	8	15
	30	20	57

TABLE VIII.

## INFLUENCE OF HEREDITARY TENDENCY.

	Males.	Females.	TOTAL.
Hereditary tendency . . . . .	8	8	16
No hereditary tendency . . . . .	22	19	41
	30	27	57



TABLE IX.

## DURATION OF DISEASE.

	Males.	Females.	TOTAL.
Less than 1 Year . . . . .	16	10	26
From 1 to 2 Years . . . . .	2	3	5
„ 2 to 5 „ . . . . .	2	7	9
„ 5 to 10 „ . . . . .	2	3	5
„ 10 to 15 „ . . . . .	2	0	2
„ 15 to 20 „ . . . . .	0	1	1
Congenital. . . . .	3	2	5
Unknown . . . . .	3	1	4
	30	27	57

TABLE X.

## NUMBER OF ATTACKS.

	I.	II.	III.	Un- known.
Males . . . . .	20	9	1	0
Females. . . . .	14	10	1	2

TABLE XI.

## AMOUNT OF EDUCATION OF PATIENTS.

	Males.	Females.	TOTAL.
Well educated . . . . .	9	1	10
Can read only . . . . .	1	15	16
Can read and write . . . . .	16	5	21
Cannot read or write . . . . .	5	6	11
	30	27	57

TABLE XII.

## CAUSES OF DEATH.

	Males.	Females.	TOTAL.
Apoplexy . . . . .	0	1	1
Bronchitis . . . . .	0	1	1
Epilepsy . . . . .	0	1	1
Increasing debility of old age . . . . .	0	1	1
Marasmus . . . . .	0	2	2
Paralysis . . . . .	1	0	1
Phthisis . . . . .	0	4	4
Obstruction of bowels . . . . .	0	1	1
Pneumonia . . . . .	1	0	1
	2	11	13

TABLE XIII.

SHEWING EMPLOYMENT OF PATIENTS AND NUMBERS EMPLOYED,  
MAY 17, 1866.

	Males.	Females.
Assisting attendants in house work . . . . .	12	27
Stokers . . . . .	2	0
Storekeeper . . . . .	1	0
Messenger . . . . .	1	0
Tailors . . . . .	2	0
Shoemakers . . . . .	3	0
Carpenters . . . . .	2	0
Waiters . . . . .	4	0
Schoolmaster . . . . .	1	0
Gardeners . . . . .	6	0
Labourers . . . . .	26	0
Employed in kitchen . . . . .	0	5
Laundresses . . . . .	0	9
Sewing . . . . .	0	34
Knitting . . . . .	0	10
	60	85



TABLE XIV.

STATEMENT OF WORK DONE BY FEMALE PATIENTS, FROM 18TH MAY  
1865 TO 18TH MAY 1866.

<p>MADE</p> <p>133 Aprons. 84 Dresses. 290 Shirts. 235 Chemises. 25 Drawers. 197 Day Caps. 107 Mattresses. 129 Sheets. 60 Bolsters. 186 Pairs Stockings. 147 Pairs Socks. 128 Bolster Cases. 210 Flannel Shirts. 12 Shrouds. 10 Loose Beds. 13 Lavatory Mat-ings 1 Curtain. 35 Bedgowns. 2 Jackets. 2 Toilet-covers. 5 Pairs Trousers. 2 Bags. 155 Handkerchiefs. 62 Coverlets. 8 Skirts. 4 Hair-nets. 1 Muslin Dress. 6 Table-cloths. 89 Female Night Caps. 6 Quilted Blankets 4 Slip Bodices. 21 Towels. 143 Blankets. 48 Petticoats. 2 Nightgowns. 2 Flannel Jackets.</p>	<p>12 Pinafores. 2 Box-covers. 3 Yards Crotchet Lace.</p> <hr/> <p>REPAIRED</p> <p>170 Aprons. 569 Gowns. 270 Nightgowns. 196 Petticoats. 1138 Chemises. 1819 Shirts. 621 Flannel Shirts. 546 Caps. 1169 Pairs Drawers. 366 Sheets. 368 Bolster-cases. 97 Pillow-cases. 50 Bolsters. 97 Stays. 547 Flannel Shifts. 91 Tablecloths. 26 Beds. 1888 Stockings. 2880 Socks. 4 Linen Shirts breasted. 43 Coverlets. 26 Pairs Trousers. 44 Jackets. 123 Pairs Stockings &amp; Socks footed 23 Over Shirts. 57 Window Blinds. 62 Mattresses. 57 Blankets. 50 Night-caps. 36 Bedgowns.</p>	<p>TAILORS' WORK.</p> <p>MADE</p> <p>36 Pairs Drawers.</p> <p>REPAIRED</p> <p>914 Pairs Touters. 425 Jackets. 459 Vests.</p> <hr/> <p>SHOEMAKERS' WORK.</p> <p>REPAIRED</p> <p>408 Pairs Boots. 1070 Pairs Shoes.</p> <hr/> <p>OUT-DOOR LABOUR.</p> <p>Average No. of Men, 30.</p> <table><tr><th>Description of Work.</th><th>No. of days employed.</th></tr><tr><td>Garden . . .</td><td>56</td></tr><tr><td>Farm . . .</td><td>76</td></tr><tr><td>Roads . . .</td><td>33½</td></tr><tr><td>Drainage . . .</td><td>2½</td></tr><tr><td>Excavation . .</td><td>27</td></tr><tr><td>Stone Blasting</td><td>15½</td></tr><tr><td>Planting . . .</td><td>25½</td></tr><tr><td>Miscellaneous</td><td>138</td></tr></table>	Description of Work.	No. of days employed.	Garden . . .	56	Farm . . .	76	Roads . . .	33½	Drainage . . .	2½	Excavation . .	27	Stone Blasting	15½	Planting . . .	25½	Miscellaneous	138
Description of Work.	No. of days employed.																			
Garden . . .	56																			
Farm . . .	76																			
Roads . . .	33½																			
Drainage . . .	2½																			
Excavation . .	27																			
Stone Blasting	15½																			
Planting . . .	25½																			
Miscellaneous	138																			

TABLE XV.

PROVISIONS CONSUMED DURING THE YEAR ENDING 18TH MAY 1866.

ARTICLES.	QUARTERS ENDING—				TOTAL.
	Aug. 18, 1865.	Nov. 18, 1865.	Feb. 18, 1866.	May 18, 1866.	
Meal . . .	6830	6478	6598	6557	26,463 lbs.
Bread . . .	14346	14379	12254	13434	54,413 „
Barley . . .	1570	1529	1224	1987	6,310 „
Beef . . .	5197	6146	6613	7211	25,167 „
Pease . . .	449	443	491	472	1,855 „
Potatoes . .	12275	13124	20782	21323	67,504 „
Vegetables .	2414	2643	2985	2895	10,937 „
Split Pease .	355	383	317	350	1,405 „
Flour . . .	425	519	627	694	2,265 „
Pease Flour .	211	231	236	260	938 „
Rice . . .	654	592	12	14	1,272 „
Cheese . . .	817	688	400	451	2,356 „
Butter . . .	795	811	853	929	3,388 „
Tea . . .	186 <sup>7</sup> <sub>12</sub>	191 <sup>1</sup> <sub>12</sub>	240 <sup>4</sup> <sub>12</sub>	198 <sup>10</sup> <sub>12</sub>	816 <sup>6</sup> <sub>12</sub> „
Sugar . . .	1029	921	952	1007	3,909 „
Milk . . .	12189	12720	12248	12215	49,372 pints
Currants . .	105	61	83	85	334 lbs.
Raisins . . .	...	...	48	...	48 „
Beer . . .	3523	3506	3845	3441	14,315 pints
Candles . . .	2	27	22	20	71 lbs.
Matches . . .	153	250	273	243	919 boxes
Hard Soap . .	652	711	664	704	2,731 lbs.
Soft do. . .	356	376	278	335	1,345 „
Soda . . .	318	268	226	330	1,142 „
Starch . . .	24	29	25	22	100 „
Ham . . .	23	22	14	37	96 „
Coffee . . .	11	7	4	5	27 „
Pepper . . .	5	3	6	5	19 „
Salt . . .	1413	1309	1063	1330	5,115 „
Sago . . .	4	3	2	2	11 „
Arrowroot . .	10	30	16	14	70 „
Mustard . . .	3	4	3	5	15 „
Wine . . .	68	68	70	80	286 bot.
Brandy . . .	5	5	4	3	17 „
Whisky . . .	18	20	90	70	198 „
Porter . . .	66	116	288	470	940 pints
Vinegar . . .	1	1	...	1	3 bot.
Suet . . .	270	232	291	344	1,137 lbs.
Buns . . .	500	500	350	...	1,350 No.
Currant Loaves .	...	...	56	...	56 lbs.



TABLE XV.—*Continued.*

ARTICLES.	QUARTERS ENDING—				TOTAL.
	Aug. 18, 1865.	Nov. 18, 1865.	Feb. 18, 1866.	May 18, 1866.	
Gin . . .	...	1	1	...	2 bot.
Fish . . .	6	12	4	...	22 lbs.
Pipe Clay . .	184	213	181	230	808 cakes
Blacking . .	200	150	201	208	759 „
Black Lead . .	150	143	210	249	752 „
Blue . . .	2	1 <sup>8</sup> <sub>12</sub>	2	1	6 <sup>8</sup> <sub>12</sub> lbs.
Treacle . . .	7	10	9	8	34 lbs.
Corn Flour . .	5	9	7	6	27 „
Apples . . .	...	38 <sup>1</sup> <sub>2</sub>	12	...	50 <sup>1</sup> <sub>2</sub> „
Loaf Sugar . .	15	12	22	24	73 „
Nutmeg and Cinnamon . .	...	2	2	...	4 lbs.
Spanish Juice . .	2	2	2	1	7 „
Lozenges . . .	5	5	5	4	19 „
Polishing Paste . .	6	10	8	12	36 pots
Tobacco . . .	35	38	60	58	191 lbs.
Snuff . . .	8	9	9	10	36 „
Tobacco Pipes . .	30	45	100	68	243 doz.
Linseed Meal . .	14	14	20	22	70 lbs.

TABLE XVI.

PARISH.	1864-65.		1865-66.		TOTAL.
	Males.	Females.	Males.	Females.	
Alness . . .	1	2	0	0	3
Alvie . . .	0	2	0	0	2
Applecross . . .	1	2	0	0	3
Ardersier . . .	2	1	0	0	3
Ardclach . . .	0	2	0	0	2
Ardnamurchan . . .	0	0	0	1	1
Assynt . . .	1	1	0	0	2
Auldearn . . .	1	1	0	0	2
Avoch . . .	4	2	0	0	6
Barra . . .	0	0	0	1	1

TABLE XVI.—*Continued.*

PARISH.	1864-65.		1865-66.		TOTAL.
	Males.	Females.	Males.	Females.	
Boleskine . . .	2	2	0	0	4
Bracadale . . .	0	0	1	1	2
Cawdor . . .	1	0	0	0	1
Clyne . . .	2	2	0	1	5
Contin . . .	0	2	0	0	2
Creich . . .	2	2	0	0	4
Cromarty . . .	3	0	1	1	5
Cromdale . . .	0	0	0	1	1
Croy . . .	1	2	0	0	3
Daviot . . .	1	1	0	0	2
Dingwall . . .	2	1	0	1	4
Dornoch . . .	1	1	0	0	2
Durinish . . .	4	0	0	0	4
Edderton . . .	1	2	0	0	3
Eddrachillis . . .	1	0	0	0	1
Farr . . .	0	2	0	0	2
Fearn . . .	2	1	0	0	3
Fodderty . . .	1	2	0	1	4
Gairloch . . .	4	1	0	0	5
Glenelg . . .	1	1	0	0	2
Golspie . . .	1	2	0	0	3
Harris . . .	1	0	0	1	2
Inverness . . .	19	20	18	3	50
Killearnan . . .	0	1	1	2	4
Kilmallie . . .	1	3	2	1	7
Kilmonivaig . . .	1	2	0	1	4
Kilmorack . . .	0	0	1	0	1
Kilmuir, Easter . . .	0	2	0	1	3
Kilmuir, Skye . . .	1	2	0	1	4
Kilmuir, Wester . . .	1	0	0	0	1
Kiltarlity . . .	1	2	0	0	3
Kiltearn . . .	2	2	0	0	4
Kincardine . . .	1	1	1	0	3
Kingussie . . .	1	0	1	0	2
Kintail . . .	1	1	0	1	3
Kirkhill . . .	2	3	1	1	7
Knockbain . . .	0	0	2	0	2
Laggan . . .	1	0	0	1	2
Lairg . . .	2	0	0	0	2
Lochbroom . . .	6	0	0	0	6
Lochcarron . . .	0	2	0	0	2
Lochs . . .	3	0	0	0	3



TABLE XVI.—*Continued.*

PARISH.	1864-65.		1865-66.		TOTAL.
	Males.	Females.	Males.	Females.	
Logie Easter . . .	1	1	0	0	2
Loth . . . . .	0	1	1	0	2
Moy and Dalarossie . . .	0	2	1	0	3
Nairn . . . . .	6	3	1	1	11
Nigg . . . . .	0	2	0	1	3
Poolewe . . . . .	1	1	0	0	2
Portree . . . . .	1	3	0	1	5
Resolis . . . . .	0	1	0	1	2
Rogart . . . . .	0	1	0	0	1
Rosemarkie . . . . .	0	1	0	1	2
Rosskeen . . . . .	0	1	2	0	3
Sleat . . . . .	0	0	2	1	3
Snizort . . . . .	2	0	2	0	4
South Uist . . . . .	2	2	0	0	4
Stornoway . . . . .	1	0	1	0	2
Strath . . . . .	1	1	1	0	3
Tain . . . . .	1	1	0	0	2
Tarbat . . . . .	2	2	0	1	5
Tyree . . . . .	0	1	0	0	1
Urquhart, Inverness . . .	0	3	0	1	4
Urquhart, Ross-shire . . .	0	3	0	0	3
Urray . . . . .	1	1	0	1	3





# ABSTRACT ACCOUNT OF MAINTENANCE OF INVERNESS DISTRICT ASYLUM,

*For Second Year after being opened, ending  
17th May 1866.*



## *Charge.*

1. Board of Patients in Asylum for the year (£200. 4s. in arrear at 17th May 1866, but since paid) . . .	£4602	6	1
Arrears of do. for preceding year recovered . . .	71	11	8
2. Balance in Gardener's hands for Roots sold and Pasture, after deducting sundry small outlays £0 12 4			
Estimated value of Vegetables and other Farm Produce supplied to Asylum . . .	100	0	0
		100	12 4
		£4774	10 1

## *Discharge.*

1. Furniture and Furnishings . . .	£1151	5	6
2. Provisions to Asylum . . .	2235	18	2
3. Coals and Coke . . .	674	11	6
4. Farm and Garden Expenses . . .	205	17	3
5. Insurance, and Taxes, &c. . .	91	18	5
6. Salaries of Officials and Servants . . .	1256	0	6
7. Stationery, Printing, and Advertising . . .	33	5	2
8. Conveyancing and Incidents . . .	6	4	0

£5655 0 6

Whereof provided for by Assessment  
for Third Year's instalment for  
Furnishing the Asylum . . .

1000 0 0

£4655 0 6

To credit of next year's account . . .

119 9 7

£4774 10 1

# ABSTRACT STATE OF COST OF THE INVERNESS DISTRICT LUNATIC ASYLUM.

Work.	Contract Prices paid.			Extra Work.			Interest paid on sums retained on hand for 12 months.			Total Paid.		
	£	s.	d.	£	s.	d.	£	s.	d.	£	s.	d.
Masonry . . .	16,352	0	0	218	12	11	...			16,570	12	11
Carpentry . . .	10,237	0	0	...			57	8	6	10,294	8	6
Extra Carpentry— Claim preferred for £2112. 11s. 3d., whereof sustained by architect. . .	...			468	2	5	} 17 17 4			} 855	19	9
And further sustained and settled by com- promise May 1867	...			370	0	0						
Plumber Work . .	2,299	18	6	105	6	9	12	5	0	2,417	10	3
Plaster do. . .	1,411	0	0	21	0	0	3	0	0	1,435	0	0
Slater do. . .	1,096	0	0	132	0	6	5	5	6	1,233	6	0
Iron do. . .	1,320	0	0	157	18	7	...			1,477	18	7
Ventilating, Heat- ing, and Cooking Apparatus . . .	2,491	0	0	14	14	7	12	9	0	2,518	3	7
Excavating & Level- ing Ground. . .	320	0	0	...			...			320	0	0
Draining and Re- claiming Land . .	...			...			...			865	2	9
Architect's Commis- and Travelling Ex- penses . . .	1,699	12	9	...			...			1,699	12	9
Architect's original esti- mate of cost of the Build- ings, £35,000.	37,226	11	3									
Furniture and Fur- nishings . . .	...			...			...			3,780	2	9
Painting and Var- nishing retained in hand, not included in original contract	371	8	6	...			...			371	8	6
Insurance to comple- tion of buildings .	...			...			...			60	12	8
Walls and Gates .	513	9	7	...			...			513	9	7
Carry forward .	38,111	9	4	1487	15	9	108	5	4	44,413	8	7

ABSTRACT OF COST, &c.—*Continued.*

Work.	Contract Prices paid.			Extra Work.			Interest paid on sums retained on hand for 12 months.	Total Paid.		
	£	s.	D.	£	s.	D.	£	s.	D.	
Brought forward	38,111	9	4	1487	15	9	108	5	4	44,413 8 7
ire Fences . . .	109	6	10	...			...			109 6 10
ads of Approach .	953	14	4	...			...			953 14 4
remiums to unsuccessful Architects	...			...			...			250 6 1
rtified measurements of Asylum,							...			
Plans, Surveys of Land, and Reports										
s to Water, &c. .	...			...						311 11 4
anagement and Salaries prior to opening of Asylum,										
ince then charged to Maintenance .	...			...			...			1,904 11 9
ents, Feu-duties, and Burdens .	...			...			...			2,830 10 8
onveyancing, Fees of Loan, Feu Charter, and Contracts	...			...			...			641 11 11
(See Note, page 46)										
dvertising, Printing, and Incidents	...			...			...			260 14 9
arm and Garden, so far as chargeable to Capital . . .	...			...			...			1,727 7 1
ew Piggery erected in 1866, the old one at farm steading being found (by the Commissioners in Lunacy) to be too near dwelling-houses, and disapproved of on sanitary grounds, including additional Tank or Cess Pool	...			...			...			471 12 2
	39,174	10	6	1487	15	9	108	5	4	53,874 15 6



NOTE OF PARTICULARS OF PRECEDING CHARGE OF EXPENDITURE  
FOR LAW EXPENSES, CONVEYANCING, &c.

1860.

Dec. 27.	Fees of Feu Charter paid to Dochfour's agents, as taxed . . . . .	£65 12 7
	Paid recording the Charter in particular Register of Sasines . . . . .	1 6 6
	Paid Fee to Counsel for revising Feu Charter, and his Clerk . . . . .	5 16 10
	Inverness Agent's account for Memorials and revising Feu Charter, and general business, 20th March 1859 to 20th February 1860, as taxed	30 3 6

1861.

April 13.	Paid account of Local Agent for general business and deeds, to date . . . . .	10 9 7
	Paid Drawing and Revising and Extending Fees of Building Contract and relative Specifications, &c., for Asylum, Doctor's House, Farm Offices, Gas Works, &c., and £21 of Stamp Duty—less Contractor's Shares repaid . . . .	124 8 7
May 15.	Paid fees of Edinburgh Agent of Scottish Equitable Life Assurance Society for Bond and Assign in security for £15,000—and Stamp Duty . . . . .	£99 5 7
Nov. 11.	Do., do., of Bond for £5000, and revising fees . . . . .	48 6 10
	Do., do. (on 15th May) account of Messrs Gibson-Craig, Dalziel, & Brodie, for negotiating Loan from said Assurance Society of £40,000, and revising fees of first Bond . . . . .	45 14 9

1862.

May 15.	Do. Edinburgh Agent's account for third Bond of £10,000 of Loan . . . . .	66 18 1
	Revising fees of do. . . . .	27 0 9
		<hr/>
		287 6 0
		<hr/>
	Carry forward . . . . .	£425 3 7

Brought forward . . . . .	£425	3	7
Paid Local Agent's general business account, as audited, for 1861-62 . . . . .	4	13	0
Do. Agent of Scottish Equitable Assurance Society fees of 4th Bond, and Stamp Duty . . . . .	£67	0	7
Revising fees of do. . . . .	27	0	9
	<hr/>		
	94	1	4
Do. Clerk's business account from 22d Aug. 1862, to date, for conveyancing and general business	11	16	1
Do. . . . . do. . . . . do. . . . .	4	1	10
Do. . . . . do. . . . . do. . . . .	1	16	1
	<hr/>		
	£641	11	11
	<hr/>		

